



Best Practices for Mindfulness

Mindfulness is a positive practice for children, families and staff. Mindfulness practices can help with focus, academic achievement and emotional management. To be successful, these practices should be carefully planned, introduced and integrated. Build interest and excitement by helping staff members, students and families understand the potential benefits of mindfulness. Use the practices described below to support training and implementation.

Area of Focus	Best Practices
Relationships	<ul style="list-style-type: none">• Introduce staff to the importance and practice of mindfulness.• Lead staff in mindfulness activities.• Train staff to lead mindfulness activities with students.• Engage families in mindfulness practices.• Offer expanded learning opportunities to teach mindfulness practices to families.• Prepare or recommend mindfulness activities to try at home.
Routines	<ul style="list-style-type: none">• Be consistent: Develop a regular mindful practice.• Begin with short mindfulness activities such as the “mindful minute.”• Balance variety with repetition when selecting mindfulness activities.<ul style="list-style-type: none">◦ Repeating mindfulness activities helps students practice consistent skills.◦ Including variety helps maintain interest and engagement.
Reflection	<ul style="list-style-type: none">• Use mindfulness to help students reflect on the following:<ul style="list-style-type: none">◦ Day-to-day life◦ School-day and program experiences◦ The effectiveness of your mindfulness leadership

Resources

Mindful's eight-minute guided meditation to reduce stress and worry:

<https://www.mindful.org/mindful-kids-practice-coming-back-positive/>